

*From the Spiritual Discourses of*  
**Param Pujya Sant Shri Asaramji Bapu**

**The Secret of**  
**Eternal Youth**

*Vital Energy is the essence of Your Body.  
Preservation of it is the key to longevity of youthfulness.*



|                                                     |    |
|-----------------------------------------------------|----|
| <b>Eternal Youth</b> .....                          | 1  |
| The Secret of Eternal Youth .....                   | 4  |
| What is Brahmacharya?.....                          | 4  |
| Brahmacharya is the supreme penance .....           | 5  |
| Preservation of semen gives life .....              | 5  |
| How is semen formed?.....                           | 7  |
| Modern medical opinion.....                         | 7  |
| The cause of magnetic personality.....              | 7  |
| Story of a gardener .....                           | 8  |
| Sex for progeny -A natural plan.....                | 8  |
| Don't be misled .....                               | 9  |
| Significance of self-control.....                   | 10 |
| Psychoanalysis -created by abnormal Freud.....      | 13 |
| Suicidal arguments .....                            | 14 |
| Frequency of copulation.....                        | 14 |
| Experience of king Yayaati .....                    | 15 |
| Example of King Muchakunda .....                    | 16 |
| Victims of bad habit.....                           | 17 |
| Arjuna and Angaarparna.....                         | 18 |
| What is Brahmacharya?.....                          | 19 |
| Ways to preserve seminal energy.....                | 20 |
| (i) Simple Living.....                              | 20 |
| (ii) Moderation in diet.....                        | 21 |
| (iii) Bathing the genital organ .....               | 22 |
| (iv) Asanas and physical exercises.....             | 22 |
| (v) Padapaschimottanasana.....                      | 23 |
| (vi) Early rising .....                             | 23 |
| (vii) Eschew intoxicants .....                      | 24 |
| (viii) Seek Satsang or Good Company .....           | 24 |
| (viii) Cultivate good will .....                    | 25 |
| (ix) Practise Tribandha Pranayama .....             | 25 |
| (x) When the Neem tree (Margosa) moved.. ..         | 26 |
| (xi) Change the angle of vision.....                | 28 |
| (xii) Arjuna and Urvashi.....                       | 28 |
| (xiii) Read good spiritual books .....              | 30 |
| Miracles of preserving seminal energy .....         | 32 |
| Grandsire Bhishma and the great Abhimanyu .....     | 32 |
| The cause of Prithviraj Chauhan's defeat .....      | 33 |
| Swami Ramatirtha's survey.....                      | 34 |
| A Word of caution to the youth .....                | 34 |
| Evil effects of masturbation.....                   | 34 |
| An experiment done in U.S.A.....                    | 35 |
| Suppression or sublimation.....                     | 35 |
| Experiences of sublimation through grace .....      | 35 |
| How to give up masturbation.....                    | 36 |
| Sublimation of sexual energy.....                   | 36 |
| Techniques for Conservation of Seminal Energy ..... | 37 |
| A Mantra useful in celibacy:.....                   | 38 |
| Is the woman the gateway to hell? .....             | 38 |

|                                         |    |
|-----------------------------------------|----|
| Our Experiences.....                    | 39 |
| The miracle of darsan of a saint .....  | 39 |
| Experience of divine grace abroad ..... | 41 |
| How to ward off anger.....              | 41 |
| Some memorable statements .....         | 43 |

# The Secret of Eternal Youth

शरीरमाद्यं खलु धर्मसाधनम् ।

"The body is the soul's instrument to perform righteous actions."

All spiritual disciplines are performed through the body. If the body is weak and sickly, the mind becomes similarly afflicted. To attain success in any enterprise, it is essential that both the body and the mind are healthy and function in harmony and synchronicity. That is why an aged person is unfit to undertake Sadhana (spiritual discipline). The unbridled gratification of desires over the years drains away mental, vital and physical energies. Even if such a person possesses a strong will power, his body would not assist him. On the other hand, sadly, today's Youth, in spite of having the physical ability to proceed on the path of Sadhana, are distracted by the objects of sense indulgence and fall a prey to carnal pleasures. Not appreciating the prime importance of sexual energy, they recklessly fritter it away through sensual indulgence, a folly that would later become a matter of life-long repentance for them.

Many young people, who are badly perturbed, come to me for guidance and help. They open up their hearts before me. They confess that through uncontrolled sexual indulgence they have lost mental, vital and physical energies with the result that their mind becomes sluggish, will power is lost and the body becomes languid and sickly. They live a miserable life seeing no way to redemption. They lament that, for them, Self-realisation will remain a distant dream and that they have somehow to drag along the remaining part of the life, aimlessly.

Throughout history, great sages, saints, and seers have stressed the paramount importance of celibacy for leading a noble and sublime life. A person lacking in self-restraint and self-discipline can never make progress in any worthwhile endeavor nor can he be of any service to the society. A society made up of such people is unable to make any material or spiritual progress. Such degenerated societies disintegrate in the long run.

## What is Brahmacharya?

First of all, let us understand the meaning of *Brahmacharya*.

'Yajnavalkya Samhita' states:

कर्मणा मनसा वाचा सर्वास्थासु सर्वदा ।  
सर्वत्र मैथुनत्यागो ब्रह्मचर्यं प्रचक्षते ॥

"*Brahmacharya* is abstaining from all kinds of *Maithuna* or sexual enjoyment forever, in all places and in all conditions- physically, mentally and verbally."

The great sage Vyasa said:

ब्रह्मचर्यं गुप्तेन्द्रियोपस्थस्य संयमः ।

"To abandon the pleasure gained through the sexual organs by restraint is defined as celibacy."

Lord Siva said to Goddess Parvati,

सिद्धे बिन्दौ महादेवि किं न सिद्ध्यति भूतले ।

"O Parvati! What is there on this earth which cannot be accomplished if one has control over his sexual fluid?" That is, all powers reside at the divine feet of the Enlightened *Urdhvareta* (one who is able to sublimate his sexual energy through the practice of yoga). In fact, *Siddhis* (divine powers) become his facile servants. Such a *Sadhaka* can attain Self-Realisation within a short span of time. Even the gods (deities) have attained immortality through *Brahmacharya*".

ब्रह्मचर्येण तपसा देवा मृत्युमुपाध्नत ।

इन्द्रो ह ब्रह्मचर्येण देवेभ्यः स्वराभरत ॥

"The gods have conquered death by *Brahmacharya* and penance. Indra, the King of gods, has attained a still higher status, through the self-discipline of *Brahmacharya*."  
(Atharva veda: 1. 5. 19)

## Brahmacharya is the supreme penance

Lord Siva said:

न तपस्तप इत्याहुर्ब्रह्मचर्यं तपोत्तमम् ।

ऊर्ध्वरेता भवेद्यस्तु स देवो न तु मानुषः ॥

"Celibacy alone is the supreme penance. Of course, other penances (such as keeping fast and silence etc ...) are good in their place, but they are all inferior to *Brahmacharya*. That *Urdhvareta* saint who has done penance over the restraint of the sexual organ is not a human-being but God."

*Brahmacharya* is also hailed in Jain scriptures.

तवेसु वा उत्तमं बंभचेरम् ।

"*Brahmacharya* is the supreme penance."

## Preservation of semen gives life

Semen is found in a subtle state in all the cells of the body. Just as the buttermilk is thinned after the butter is removed, so also, semen is thinned by its wastage. The more the wastage of semen, the more the body deteriorates and weakens. The preservation of semen is the secret of good health and longevity, and of all success in the physical, mental, intellectual and spiritual planes. He who has even a little bit of *Brahmacharya* will tide over a crisis of any disease very easily. One who

follows *Brahmacharya* strictly is usually not afflicted by any disease. That is why, in scriptures, it is said:

मरणं बिन्दोपातेन जीवनं बिन्दुधारणात् ।

"Death is hastened by letting out semen from the body. Life is saved and prolonged by preserving it. Semen is the real vitality in men. It is the hidden treasure in man."

"There is no doubt that people die prematurely by letting the semen out of the body; knowing this, the Yogi should always preserve semen and lead a life of strict celibacy."

- Siva Samhita

In Jain Scripture, it is said,

अबंभचरियं घोरं पमायं दुरहिठ्ठियम् ।

"Of the myriad vices, lust is the worst." ----- (*Dasa Vaikalika Sutra* : 6.17)

'*Atharva Veda*' declares:

व्रतेषु वै वै ब्रह्मचर्यम् ।

"Celibacy is the supreme religious observance."

After Dhanvantari, founder of Ayurveda (Herbal Medical Science) taught all details about this science, his students enquired about its keynote (essence). In the reply, master asserted, "I tell you that *Brahmacharya* is truly a precious jewel. It is the one most effective medicine-nectar indeed-, which destroys diseases, decay and death. For attaining peace, brightness, memory, knowledge, health and Self-realisation, one should observe *Brahmacharya*, the highest *Dharma*, the highest knowledge, greatest strength. Of the nature of *Brahmacharya* is verily this *Atma* and in *Brahmacharya* it resides. Saluting *Brahmacharya* first, the cases beyond cure, I cure, Aye' *Brahmacharya* can undo all the inauspicious signs."

All the sages, saints and founders of religions have sung the glory of celibacy.

The great Yogi Gorakhandtha, chanting in praise of semen has said,

कंत गया कूँ कामिनी झरै । बिन्दु गया कूँ जोगी ॥

"As a fair lady grieves due to separation from her beloved, so does an ascetic (Yogi) due to his separation from his semen."

"By the power of the composure of the semen, one will become just like Myself."  
---- Lord Siva

## How is semen formed?

According to Ayurveda, from the digested food chyle is formed. Out of chyle comes blood. Out of blood comes flesh. Out of flesh comes fat. Out of fat comes bone. Out of bone comes marrow. Out of marrow comes semen. Conversion of *Dhatu* at every step takes a period of five days. Thus semen is the last *Dhatu* that is formed out of food. It takes approximately 30 days and 4 hours to complete this cycle. Scientists believe that an intake of 32 kgs. Of food produces 800 Gms. of blood, which in turn forms only 20 Gms. of semen. Now, you can see how precious the semen is!

## Modern medical opinion

Eminent European Medical experts also support the statements of the Yogis of India. Dr. Nicole says, "It is a medical and physiological fact that the best blood in the body goes to form the elements of reproduction in both the sexes. In a pure and orderly life, this matter is reabsorbed. It goes back into circulation ready to form the finest brain, nerve and muscular tissues. This vital fluid of man carried back and diffused through his system makes him manly, strong, brave and heroic. If wasted, it leaves him effeminate, weak and physically debilitated and prone to sexual irritation and disordered function, a wretched nervous system, epilepsy and various other diseases and death. The suspension of the use of the generative organs is attained with a notable increase of bodily, mental and spiritual vigour."

If the spermatic secretion in man is continuous, it must either be expelled or be reabsorbed. As a result of the most patient and preserving scientific investigations, it has been found that whenever the seminal secretions are conserved and thereby reabsorbed into the system, it goes towards enriching the blood and strengthening the brain.

Dr. Dio Louis thinks that the conservation of this element is essential to strength of body, vigour of mind and keenness of intellect. Another writer Dr. E.P. Miller says: "All waste of spermatic secretions, whether voluntary or involuntary, is a direct waste of the life-force. It is almost universally conceded that the choicest element of the blood enters into the composition of the spermatic secretions. If these conclusions are correct, then it follows that celibacy in life is essential to man's ultimate well-being."

## The cause of magnetic personality

According to Dhanvantari, the sexual energy is transmuted into *Ojas* or spiritual energy by pure thoughts. It is called sex sublimation in western psychology. Sublimation is not a matter of suppression or repression, but a positive dynamic conversion process. It is the process of controlling the sex energy, conserving it, then diverting it into higher channels and finally converting it into spiritual energy or *Ojas shakti*.

*Ojas* is the cause of attractive personality. If you see any person who is outstanding in his works, whose speech is impressive and thrilling, has lustrous eyes and a magnetic aura on his face and awe-inspiring (charismatic) personality, be sure that he has stored up *Ojas* in his brain. This stored up energy can be utilised for divine contemplation and spiritual pursuits (Self-realisation).

Assuming that an ordinary man consumes 32 kgs. Of food in 40 days, yielding 800 Gms. of blood, which in turn will yield only 20 Gms. of semen over a period of one month. A person will be able to accumulate about 15 Gms. of semen in 30 days. And one-month accumulation of semen is discharged in one sexual intercourse!

## Story of a gardener

Once there was a gardener. He spent all his time, energy and wealth in developing a floral garden. In the garden varieties of multi-colored flowers were grown. He gathered the flowers and extracted a wonderful perfume. And what did he do next? He poured the perfume into a sewer. Don't you think that only the gardener is foolish? Most of us are like the stupid gardener. The semen accumulated in the body over a period of 15 to 20 years up to our early youth, plus what we go on collecting in cycles of 30 to 40 days that could have been transmuted into *Ojas* to give bodily strength, vigour and radiance, is dissipated for enjoying fleeting sexual gratification. Thus many of us are not less stupid than the gardener of the story. Certainly the gardener would have not repeated the mischievous action after knowing his folly through someone's instructions, but the people are repeating their folly of sex-indulgence over and over again (even after getting instructions from scriptures and saints). For a momentary pleasure a person falls a prey to the sexual act blindly driven by passion. After the heat of the passion has subsided, a person feels drained of all energies. The energy that is wasted during one sexual intercourse, tantamount to the energy that is spent in physical labour for 10 days or the energy that is utilized in mental work for three days. Still one repeats the same folly without realizing that it does not provide lasting happiness. On the contrary, it results in terrible harm to health and wastes the precious vital fluid accumulated over a period of 30 to 40 days.

## Sex for progeny -A natural plan

The sexual degradation that has overtaken mankind today is directly due to the fact that people have assumed that there is a natural "sexual instinct" in human beings. It is not so. The natural instinct is the procreative one. The Mother Nature has bestowed the power of reproduction to all the creatures (flora and fauna) for continuation of the race. Sex is not an entertainment. If a man leads a life of celibacy even in householder's life and has copulation for the sake of progeny only, he can bring forth healthy, intelligent, strong, beautiful and self-sacrificing children. Higher forms of animals do have the sex impulse, but it becomes active only during the mating season; and thus they maintain health. Man, with his boasted intellect, has to learn lessons from birds and animals. Even animals have more self-control than men. It is only the so-called man who has degraded himself much by indulgence. At the heat of sexual excitement, he repeats the same ignoble act again and again. Man only violates the

laws of nature and consequently suffers from innumerable diseases. He has degenerated to a level far lower than that of animals in this respect.

आहारनिद्राभयमैथुनं च सामान्यमेतत्पशुभिर्नराणाम् ।

Food, sleep, fear and copulation are common to both animals and men. That which differentiates a man from an animal is *Dharma*, faculty of discrimination. *Viveka* and *Vichara Shakti* can be secured by the preservation of *Virya*. You had enough of sense and sex gratification in all your previous bodies of various animals. Human life is not meant for satisfaction of lower appetites of sex and tongue. It is meant for higher purpose. If we do not cultivate discrimination and intelligence and go on gratifying sexual desires without restraint, how can we attain the higher goal of Self-realisation?

## Don't be misled

Many persons are misled by the perverse logic of the so-called intelligent people who say that scriptures and saints have also preached to lead a natural way of life. When you desire to work, work. When you desire to play, play. When you feel hungry, eat. When you are tired, go to sleep. They are advocates for uncontrolled sense pleasures. Even the Freudian psychologists stress that repression or suppression of the sexual desires is the cause of many diseases. So there should be no tension or suppression. They advocate for free sex.

In the practice of *Brahmacharya*, what is wanted is elimination of lust, but not suppression. Repression or suppression of the sexual desires will attack you again and again and will produce wet dreams, irritability and restlessness of mind. *Brahmacharya* means control, but not suppression of the sexual desire or sex force. The mind should be rendered pure by Meditation, *Japa*, *Kirtan* and Prayer. If the mind is filled with sublime divine thoughts by meditation, japa, prayer and study of holy scriptures, the sex desire will be devitalized and the sexual energy is transmuted into *Ojas* or spiritual energy. Sublimation is not a matter of suppression or repression, but a positive, dynamic, conversion process. The material energy is converted into spiritual energy, just as heat is changed into light and electricity. Freud had studied the cases of suppression or repression of sexual desire. He did not study the cases of sublimation of sexual energy into spiritual energy. Dr. Freud called desire as 'sexual instinct' or 'libido'. Dr. Carl Jung refuted this theory and described this desire as the 'creative energy.'

The practice of celibacy is not attended with any danger or any dire disease or undesirable result such as the various sorts of complex that are wrongly attributed to it by the western psychologists. They have no practical knowledge of the subject on hand. They have got a wrong, ill-founded imagination that the ungratified sex energy assumes in disguise the various forms of complex such as touch phobia. The complex is due to some other causes. It is a morbid state of mind due to excessive jealousy, hatred, anger, worry and depression brought about by various causes. Some people quote saint Kabir's words, "**O saints! Supreme is the natural state of Samadhi.**" They misinterpret the message of Kabir and indulge in unrestrained sex. But they commit selfdeception. Such people fail to understand that this natural life is meant for Enlightened (*Jnani*) souls. In a Self-Realized person, the sexual craving is entirely

eradicated; no sexual thought will crop up in the mind. They have transcended the allurements of their senses, mind and intellect and are unaffected by praise or insult, steadfastly poised in the Self, beyond the reign of ignorance and illusion. They do not expect anything from the world. Worldly happenings have no effect on their perennial state of bliss. Thus, if they are offered abundance of material, they can, with perfect equanimity, either use them or throw them away. What to speak of material objects, they have lost all attachment even to their bodies. It makes no difference to them whether they have a body or not. They are in a continuous state of peace and bliss. It is in regard to these enlightened souls that saint Kabir says:

साधो, सहज समाधि भली ।

If anyone has reached this stage, then it is all right. Otherwise beware! Under the pretext of leading a natural life, one should not make excuses and become the cause of one's own moral and spiritual degradation. Compare the state of an ordinary person to that of a great saint. If an ordinary person were insulted, he would become furious and revengeful. His mental poise is disturbed even by trivial attacks in life. He is a slave to passion and hatred. He is dominated by the sense of I-ness and My-ness: my house, my wealth, my reputation, and my body... This is the pseudo identification yet it seems real to the ordinary person. Is it possible for him to live being detached from these feelings? Please think over it seriously.

Even some saintly persons are not able to detach themselves from their bodies, what to speak of ordinary people? Many a sages and saintly persons are obsessed with these concepts, "I am an ascetic, I don't eat sweets, I don't look at women, I don't touch money..." They have not been able to make their lives 'natural'.

Many a people indulge in sense pleasures in the name of 'natural life'. The mouth waters at the sight of sweets. One becomes upset when one's beloved is in trouble. If the business suffers a loss, owner suffers from insomnia. One becomes homesick if one stays away from his dear ones for a long time. Are these the marks of a 'natural life' that the saints speak of? Certainly not!

## Significance of self-control

There is a great injustice being done to the youth at present time. They face attacks from all sides, which is sex stimulating.

On one side, animalistic sexual instincts drag them to wanton sex-pleasures; the permissive society encourages them to become libertine. If these base instincts are supported by the scientists who assert that self-control is harmful to health and when so called Gurus also start preaching "**From sex to super conscious**", on the basis of the science of corruption founded by misleading psychoanalyst like Freud, then God alone can save the celibacy of the youth and chastity of the married couples.

Lack of self-control gives rise to diseases. The western world has suffered moral and ethical degradation by following the Freudian psychology. It is clearly observed in statistical data. Population of India is three times that of U.S.A. Yet, consumption of drugs in U.S.A. is 10 times that in India. In New York City, a ten-year study, Mental

Health in metropolis, claimed that approximately 80 per cent of adults showed some symptoms of Mental illness, with one in four actually impaired.

(Srole, Leo, Langer, Thomas, et al, Mental health in Metropolis, The midtown Manhattan Study.)

Freudian psychoanalysts failed to give any solution to the problem of suppressing desires. So the people alarmed of getting mental disorders, continued to satisfy their desires even by illegal means. This in turn increased the incidence of crimes. On an average one case of rape is recorded per six seconds and about 2 million cases of pre-marital pregnancy are recorded every year in U.S.A. Teenage pregnancy is a burning problem of U.S.A. Pre-marital sex is common in U.S. because they advocate free sex. As a result of that they compare the sexual gratification after marriage with the previous pre-marital experiences and when they find it less, they ask for divorce.

About 65% of marriages result in divorce. As they have violated the nature's law of self-control, they suffer from sexually transmitted diseases. The most horrible is AIDS (Acquired Immune Deficiency Syndrome), which is spreading like an epidemic. The family life is disturbed by internal conflicts, dissatisfaction and rage. The social life is full of chaos, terror, insecurity and arrogance. This is not caused by poverty or lack of materials. The U.S. has 4 % of the world's population. They have made provisions for 40 % of the global material productions (like cars, TVs etc.). Yet the criminal tendency is so high that one case of burglary is recorded per ten seconds. There are 425 prisoners per one lakh population whereas there are only 23 prisoners per one lakh population in Indian jails. In U.S.A. 14 million cases of crime were recorded by the police department during the year 1992. This is because the people under the influence of Freudian psychology try to satisfy all desires (not only sexual). The social life is degraded. Unchecked criminal tendencies lead to chaos, terror and insecurity.

Dr. Freud called desire as 'sexual instinct' or 'libido'. Dr. Jung refuted this theory and described this desire as the creative energy'. Wide "Modern man in search of soul" Professor Adler differed from Freud attributing less importance to sexual factors. He broke away in 1912.

Though Freud has been severely denounced for his sexual obsession by eminent psychologists Adler and C.G.Jung, his followers are misguiding the youth even this day. A few unthoughtful philosophers of India have preached the same school of Freudian psychology in guise of religious discourses titled, "From sex to superconscious", which has misled many people. Freud, being an atheist, supported his theory on study of some cases of hysteria and kindred patients but the so-called philosopher has misled even religious people from self-control to unrestricted & illegal sex by extending spiritual support to licentiousness in his discourses, "From sex to superconscious". Sex undoubtedly leads to spiritual downfall (self-destruction). Self-control is essential to attain superconscious. Now this principle is accepted by western psychologists. They have realised the superiority of Indian psychology over the western psychology. The school of analytical psychology founded by Dr. Carl Gustav Jung must be appreciated. He disowned the materialistic view of Freud and he arrived at a view of man, which took proper account of the mystical side. Many ordinary people became great yogis, by following the principles of Indian psychology founded by sage Patanjali, many are treading this path and many will follow it even in future to become great yogis, but we have not seen even a single person who followed the teachings of "From sex to super

conscious" and attained *Samadhi*. We have seen some of them suffering from mental disorders.

Child psychiatrist Stilia Chess of New York University says, "Freud obviously experienced oedipal lust. He then suffered the delusion that his abnormality was normal and universal."

Ernest Jones has called this single-idea-obsession, which leads Freud to extrapolate his own feelings on to all humanity in the case of the oedepal theory.

During his self-analysis, Freud learnt of his oedepal love towards his mother, attractive Amalie. It was first aroused as a boy when he took an overnight train trip with her from Leipzig to Vienna. "I must have had the opportunity of seeing her nudum", he guessed. As a youth, young Freud exhibited unusual behaviour. At the age of seven he walked into his parent's bedroom and intentionally urinated on the floor. He felt passion and jealousy against his father.

Freud said, "These feelings of love for the parent of opposite sex and hostility to the parent of same sex begin at the age of three years and remain in subconscious mind throughout the life. With boys to beget a child from mother is never absent. Suppression of sex desires causes nervous diseases like neurosis and psychological maldevelopment."

What a disgusting and ridiculous theory this is! A male child desiring sexual union with his mother? Even birds and animals enter into sex-life after puberty, when their sexual organs are well developed. How can a young child have sexual craving when he is physiologically immature and psychologically unaware of sexual desires? How could the innocent child come to know of the sexual involvement of parents? How can he develop hostility to his father?

Freud says, "The infants first sexual feelings are stirred at his mother's breast... suckling of the child at the mother's breast is the model for every (sexual) relation."

If this were true, the child would never wean breast-feeding. He would continue intensifying his desire till adulthood. How could this be possible? Adler had come to disbelieve Freud's sexual theories including infantile sexuality.

Now these Freud's ills are advancing towards India through multinational T.V. channels in a big way. It is time to alert us before our young generation becomes victim of the situation.

Therefore, the people who wish to save mankind particularly the young generation from undergoing devilish transformation, wish the youth to possess vibrant physical health, cheerfulness of mind and sharp intelligence, want to save the people of our nation from the dreaded disease of AIDS, and want to build a healthy society should come out to propagate the message Of self-Control, self-restraint, chastity and celibacy to the young people in the Society.

Thousands of devotees distribute books like '**Yauvan Suraksha**' ('**The Secret of Eternal Youth**') and '**Yoga Yatra-4**' among schools, colleges and society for the layman's benefit.

# Psychoanalysis -created by abnormal Freud

"In 1977 'The President's Commission on Mental Health' concluded that the state of our psyche is worse than believed and that one quarter of all Americans suffer from severe emotional stress. They warned that up to 32 million Americans are in need of professional psychiatric help."

(Lyons, Richard D.)

In his book, "The psychological society", Mr. Martin Gross, a great author, editor and educator says, "The Freudian neurosis has infiltrated our psyche and our culture more deeply than we yet understand. If we recognise that much of it is a reflection of Freud himself, and we know the dimensions of that personality's distortions, it may help us to free ourselves from its pervasive influence. We might no longer have to live in the shadow of Dr. Freud."

Modern psychoanalysis, most of modern psychiatry and most of psychotherapy is the perfect mirrors of Freud's neuroses. They are the nurturing home for Freud's murderous death wishes, calamitous sibling rivalries, unconscious enmity against parents, bisexuality, incest drives, latent homosexuality, inverted love hate relationships, dogmatized superstition and unseen hatred of every description.

Freud suffered from spastic colon, near continuous depressive moods, neurasthenia, homosexual tendencies, bad temper, migraines, constipation, travel phobias, death fears, heart irregularity, money phobias, infected sinuses, fainting spells and hostile drives of hate and murder. He had been a victim of superstition, magical numbers and childish gullibility. He was a cocaine addict.

Freud has impressed his own pathological childhood onto modern society as a typical situation, thus creating psychic chaos in the psychological society. Freud's personality has distorted psychology and psychiatry.

Eminent psychologist Dr. C.G.Jung refuted Freud's theory. Dr. Adler also differed from Freud in many respects. He rejected root and branch of the entire Freudian conception of basic masculine and feminine psychology.

It is sad to note that these refuted theories founded by abnormal Freud are taught by many psychiatrists and sexologists to the people of India. They advocate for pre-marital sex (unethical), and masturbation (unnatural sex). Their teachings are published in periodicals and newspaper columns misleading the youth to corruption and ethical degradation. Many of them who follow the teachings of "From sex to super conscious" have become victims of incurable diseases, mental imbalance and AIDS. Freud reminded us shortly before his death, my ego resembles that of the psychotic in one point or another, in a greater or lesser degree." His followers may not admit their madness but they are followers of Freud who was psychotic. It is our humble request to them to give up madness of misguiding and corrupting the people of our nation. They should read this book, if they wish the good of all.

If sexual urge is not controlled, excessive sexual intercourse drains the energy enormously. Persons are physically, mentally and morally debilitated by wasting the seminal power. You experience much exhaustion and weakness. Such unrestrained sex-indulgence nullifies the very purpose of human life, which is specially endowed

with intelligence; wisdom, discrimination and will power to enable the soul attain Self-realization. Man wants unbridled license to indulge in sex all the 365 days of the year on the fallacious plea that, 'if it were not good to satisfy the urge, why did God create it in the first place?' They do not realize that their intellect is blinded by lust and that they are vainly trying to blame God for their errors.

## Suicidal arguments

Sometime ago, I received a letter. The gentleman had written: "Your Holiness said in a Satsang and it is also published in your books that one shouldn't smoke cigarettes, cigars etc, and should abstain from other addictions, as they destroy the strength, health and intelligence of the consumer. If it be so, why did God create tobacco?"

This gentleman is unable to abandon his addiction and he is making God liable for it. God has created roses as well as thorns. Then why do we pick up the roses and not the thorns? Why is a knife used to cut vegetables and not one's own throat? God has created fire. Why do we use it to cook food and not to bum our own houses? Why don't we use poisonous plants as vegetables? The answer is simple. In these situations we use our discriminative intelligence (*Viveka*) to select beneficial and to reject harmful ones. But in case of sex-indulgence, man does not control his mind and blames God. God has created almonds, pistachios, milk and many other nutritious eatables too. If we are discriminative, we would certainly choose such nourishing and energy-giving things rather than spending our money on energy draining and health injuring addictions. Man justifies his bad habits and addictions through hypocritical rationalisation. This is misuse of intelligence and energy. Smoking and other addictions debilitate the mind and make the intelligence dull and confused.

Preservation of seminal energy is the vital subject for those who want success in material or spiritual life. It is essential for strong body and sharp brain.

ब्रह्मचर्यप्रतिष्ठायां वीर्यलाभः ||37||

Maharishi Patahjali has stated in his Yoga Aphorisms, "After becoming an *urdhvareta* (a Yogi who has accomplished perpetual sublimation of semen) through Yoga, a Yogi becomes all-powerful. That Yogi alone can realize the supreme truth. Since through celibacy the impossible becomes possible, the gain of fame, wealth and other material things is assured to the celibate."

## Frequency of copulation

One of the disciples of Socrates (a great Greek philosopher) asked his teacher, "My Venerable Master, kindly instruct me how many times a house-holder can have copulation with his legal wife?"

Socrates replied, "Only once in his life time"

The disciple said, "Oh my Lord! This is absolutely impossible for worldly men. Pray, kindly prescribe an easy path."

Then Socrates said, "A house-holder can have copulation once in a year."

The disciple replied, "O Venerable Sir, this is also a hard job for them. You must prescribe an easier course."

Socrates then replied, "Well, my dear disciple, once in a month. This is suitable. This is quite easy. I think you are satisfied now."

The disciple said, "This also is impossible, my reverend master. Householders are very fickle-minded. Please prescribe an easier course."

Socrates said, "Twice in a month. But this will cause an early death."

The disciple said, "This also is impossible, for they cannot remain for a single day without sexual intercourse."

Then Socrates said, "Well said, my dear child. Do one thing now. Dig a grave and purchase a coffin and winding sheet for the corpse before hand. Now you can spoil yourself any number of times you like. This is my final advice to you."

This last advice pierced the heart of the disciple. He thought over the matter seriously and understood the importance and glory of *Brahmacharya*. He took a vow of strict unbroken celibacy for life. He took to spiritual *Sadhana* in right earnest and attained Self-realisation. But one, who wastes his semen for sexual pleasure, finally attains despair, weakness and death. Priceless human life is wasted in sexual indulgence but sexual desires are never satiated. You might have heard the story of King Yayaati.

## Experience of king Yayaati

There once lived a King named Yayaati who lived for a full one thousand years of enjoying all the pleasures a King of his position could command. Guru Shukracharya's daughter Devayani was his wife. Guru Shukracharya cursed him to become old because he had intimate relations with a maid servant named Sarmistha. He asked for forgiveness. Shukracharya took pity on him and favourably modified his curse, so that Yayaati could regain his youth if anyone of his sons is ready to get his old age in return. He had still a great desire to enjoy all royal pleasures for some more years, he asked each of his sons (Yadu, Turvasu, Druhyu and Anu), one by one, to take upon himself this old age and give him his youth in return, assuring that after one thousand years he would return the youth and take back his decrepitude. Not one of them was willing to accept the offer except his youngest son named Puru.

Puru gave his youth to his father and got in return old age and its consequent weakness. Yayaati, being exceedingly delighted with his new youth, began to indulge again in sensual pleasures. He enjoyed himself to the full limit of his powers and as much as he desired without violating the precepts of religion. He was very happy, but

only one thought troubled him. And that was the thought that the one thousand years would come to an end. He was not satisfied even when the fixed time came to an end. He came to his son Puru and addressed him thus: "O son, I have enjoyed with your youth to the full limit of my powers and all pleasures, according to their seasons. But desires never die. They are never satiated by indulgence. By indulgence they flame up like the sacrificial fire with ghee poured into it."

न जातु कामः कामानामुपभोगेन शाम्यति ।  
हविषा कृष्णवर्त्मव भूय एवाभिवर्धते ॥

He said, "If one becomes the sole lord of all the earth, with its paddy, oats, gems, beasts and women, still it will not be considered by him enough. Therefore, the thirst for enjoyment should be abandoned. The thirst for enjoyment which is difficult to cast off by the wicked, which does not fail even with failing life, is truly a fatal disease in man. To get rid of this thirst is real happiness.

Yayaati's experience is very useful to mankind. He continued, "My mind was attached to the pleasures of life for full one thousand years. My thirst for them, however, without being abated, is daily being increased."

पूर्ण वर्षसहस्रं मे विषयासक्तचेतसः ।  
तथाप्यनुदिनं तृष्णा ममैतेष्वभिजायते ॥

Yayaati said, "My son, therefore, I shall get rid of it. I shall fix my mind on *Brahman* (supreme consciousness), and becoming peaceful and having no attachment, I shall pass the rest of my days in the forest with the innocent deer." So saying he installed Puru on the throne after giving him back his youth and retired into the forest to lead the life of an ascetic. Puru's dynasty was named Paurav in which Janmejaya, the son of King Parikshit was born.

## Example of King Muchakunda

By the blessing of Sage Gargacharya, King Muchakunda had *darshan* of Lord Sri Krishna. The king asked Lord Sri Krishna to bestow his unswerving devotion. Lord Sri Krishna said, "You have excessively indulged in sense pleasures. Epicureans cannot get unswerving devotion to God. Selfcontrol is a must to get firm devotion. In next life you will be conferred with firm devotion."

King Muchakunda died. In Kaliyuga he was born as a great staunch devotee of Lord Sri Krishna - known as Narasimha Mehata.

Those, who do not realize the importance and value of this vital essence of life, should remember that they are followers of Yayaati and they will be ruined. They must learn a lesson from the experience of Yayaati. They should cultivate dynamic will

power, discriminative intellect and elevating compassion. If not upon others, at least be kind to yourself. Forget the past. take a fresh start in your life. Better late than never. Practice *Brahmacharya*, learn various *Yogasana*, *Pranayama* etc. and practice regularly and adopt the herbal therapy to keep sound health and regain the lost vitality. Be heroic and brave-hearted ... Om .... Om .... Om.

## Victims of bad habit

In the present-day world, unfortunately, many people read pornographic literature, view sexy films on television and in theatres, view blue films in privacy, as a result we see all around us, the number of physical, mental and moral wrecks increasing every day. Many a times such people indulge in unnatural sex. Masturbation or homosexual tendency lead them to wastage of seminal energy many times a week. They may discharge seminal energy in bad dreams or wet dreams. Due to excessive loss of semen, enlargement of testes and sometimes pain in the testes develops. The evil after-effects that follow the loss of seminal energy are dangerous. Persons are physically, mentally and morally debilitated. The body and the mind refuse to work energetically, because the semen is not used up in the body to form *Ojas* that give vibrant health, strong will power and sound mind. Later on, such people develop impotency for the testicles cannot produce semen with normal sperm count. Life for him loses all zest, zeal and charm. He becomes a victim of a number of diseases like anaemia, loss of memory, gloominess, palpitation of heart, pain in the back, loins, head and joints, weak kidneys, fickle mindedness, enlargement of testes, pain in the testes, debility, nervous breakdown, restlessness of mind, lack of thinking power, etc. He goes through hellish suffering. The scripture declares emphatically,

आयुस्तेजोबलं वीर्यं प्रज्ञा श्रीश्च महदयशः ।  
पुण्यं च प्रीतिमत्त्वं च हन्यतेऽब्रह्मचर्या ॥

"By the practise of *Brahmacharya*, longevity, glory, strength, vigour, knowledge, wealth, undying fame, virtues and devotion to truth increase."

Therefore, practice of celibacy is always commendable.

'Atharva Veda' declares:

अति सृष्टो अपा वृषभोऽतिसृष्टा अग्नयो दिव्या ॥1॥  
इदं तमति सृजामि तं माऽभ्यवनिक्षि ॥2॥

"I have abandoned the lust that wastes my seminal energy. I throw away those sexual desires forever as they destroy my strength, intelligence and health. I will never become a victim of sexual desires' "

But what happens to one who does not lead the life of celibacy. 'Atharva Veda' says,

रुजन् परिरुजन् मृणन् परिमृणन् ।  
मोको मनोहा खनो निर्दाह आत्मदूषिस्तनूदूषिः ॥

"The lust is the cause of diseases, dire diseases. It is the cause of death, fatal death. It makes one walk with tottering steps. It causes mental debility and retardation. It destroys health, vitality and physical well being. It burns all the *Dhaatus* (viz.chyle, blood, flesh, fat, bone, marrow and semen). It pollutes the purity of mind."

## Arjuna and Angaarparna

With the strength of *brahmacharya* Arjuna was able to defeat Angaarparna, a great Gandharva. The story goes like this:

The Pandavas, sons of Pandu, proceeded towards *Panchaala*. They walked day and night and reached *Somasrayan*, on the bank of the river Ganges. Arjuna walked ahead, carrying torch in his hands for showing them the way and for protecting them. There in the delightful waters of Ganges, Chitrasen, the King of *Gandharvas*, was sporting with his wives. He heard the noise of the footsteps of the Pandavas approaching the river. The greatly strong *Gandharva* was inflamed with wrath by hearing the noise. Seeing the Pandavas with their mother, and drawing his fearful bow, he spoke thus, "If any man out of greed wanders during dark twilight (after its first forty seconds) and comes near us, we both *Gandharvas* and the *Rakshasas* kill those fools. Stay at a distance. Do not come near me. Know you not that I am now bathing in the waters of Ganges. Know me to be the *Gandharva* named Angapaarna who depends only on his own strength or arms. The *Kapalikas*, the *Srngis* or the *Devas* dare not come here. It appears you are human beings. How dare you then to approach me, who is the brightest jewel in *Kuber's* crown?" Arjuna said, "O wretch, to whom can the ocean, the sides of the Himalayas or this river Ganges be barred, whether at night or day or at twilight? We are endowed with prowess. We care not disregarding your words, touch at pleasure the sacred waters of the Ganges which is ever accessible to all."

Hearing this, Angaarparna became very angry and drawing his bow he shot at them his arrows, which were like the poisonous snakes. The Pandava Arjuna, who had an excellent shield, warded off all those arrows with it and with the torch in his hand. Then the Pandava angrily hurled at the *Gandharva* that celestial weapon, blazing fire weapon, which immediately burnt his chariot. Having fainted away by the force of the weapon, the greatly powerful *Gandharva* was falling headlong downwards from his chariot. But Arjuna seized him by the hair of his head, which was adorned, with garlands of flowers. He dragged towards his brother that *Gandharva* insensible in consequence of being wounded by the weapon. Seeing this, his wife Kumminasi being desirous of rescuing her husband, came to Yudhishthira and asked for his protection. Yudhishthira said, "O, chastiser of foes, who would kill an enemy who has been vanquished in the battle, who has been deprived of his fame, who is protected by a woman and who is incapable of defending himself. O child, set him free."

Arjuna said, "O *Gandharva* ! Take your life. Go hence and do not grieve. The king of the Kurus, Yudhishthira orders me today to show you mercy."

The *Gandharva* said, "I have been defeated by you, therefore I shall give up my former name of Angaarparna (the blazing vehicle). My excellent and beautiful chariot has been burnt by your fireweapon. I was formerly called Chitraratha having a beautiful chariot; I shall now be called Dagdharatha (having the chariot burnt). I am desirous to impart to Arjuna the power of producing illusions of the *Gandharvas*. This science is called *Chaaksusi*. It was taught by Manu to Soma. Soma taught it to Vishwaprabha. Vishwaprabha taught it to me. Having been given by the preceptor to one who is a *Kaapurus* (without energy) it went to die out. Listen now to its prowess. Whatever you will desire to see by your eyes in this world and whatever its nature, it will be seen by you with the help of this science. One can acquire this science by standing on one leg for six months. I shall impart to you this science without your observing any vows. O King! Only on account of this science, we have superiority over men. Because we are capable of seeing everything (by our spiritual eyes) we are equal to the celestials. O excellent man, I desire to give you and your brothers, each separately, one hundred horses born in the regions of the Gandhara. They are of the celestial colour and they possess speed as that of the mind. Arjuna refused to be obliged by the *Gandharva*. *Gandharva* then asked to give his fire weapon in exchange of his horses.

Arjuna said, "O *Gandharva* ! I shall take your horses in exchange of my fire-weapon. Let our friendship be everlasting. O *Gandharva* ! we are all chastisers of foes, we are all learned in the Vedas, and we are all virtuous. Tell us why we were censured by you when travelling at night."

*Gandharva* said, "O sons of Pandu ! you do not keep fire, you do not have wives; you have no Brahmanas walking before you, therefore you were censured by me. O descendant of Kuru ! no man, possessing strength of arms, ought to bear with patience any ill usage before his wife. O son of Kunti, our strength specially increases at night. As I was accompanied by my wife, I was filled with wrath. O best of all vow-observing men, I was vanquished by you in battle; hear from me the reason for which I was discomfited. O chastiser of foes, if any *Kshatriya*, engaged in the exercise of his desire to fight with us at night, he can never escape from us with life. But *Brahmacharya* is a great virtue, you are leading that mode of life. O Arjuna, it was for this that I was defeated by you in battle."

So it is clear that preservation of vital fluid is very essential. Now let us understand the actual meaning of *Brahmacharya* before we discuss about some powerful aids to the practice of *Brahmacharya*.

## What is Brahmacharya?

*Brahmacharya* is an inspiring, uplifting and sanctifying word. In common parlance a *Brahmachari* is one who is unmarried, who does not indulge in sex, and who shuns the company of women. But this definition is very superficial and restricted. In this context only preservation of the seminal energy is considered to be *Brahmacharya*. But in the true sense of the word, preservation of semen is only the means and not the final goal. The ultimate goal of human life is to attain Self-Knowledge. To get Self-realisation, One who is enlightened is *Jivanmukta* (one who is embodied yet liberated). He is absorbed in *Brahmic Bliss* i.e. he lives in a state of perennial Self-Bliss. He expects nothing from the world. He lives, moves and has his

being in an infinite ocean of bliss within himself. He never depends upon objects of sense pleasures for his happiness. He is completely liberated from the worldly attractions and repulsions. All his actions are performed effortlessly and egolessly. Worldly objects and subjects cannot disturb his perennial state of supreme bliss. He has realised the hollowness of the phenomenal dream like world of sense pleasures. It does not matter to him whether he wears a strip of loin cloth or expensive clothes, whether he lives in a hut or a palace, whether he is a householder or a renunciate hermit. He remains tranquil under all circumstances. Such a realised soul may externally appear to be living in abject poverty but internally he is king of the kings because all of his desires have been burnt away in the fire of Self-knowledge. For him there is no duty to be discharged for he has transcended them all. Such an enlightened soul effortlessly lives in a state of *Brahman*. His celibacy is effortless and natural. He lives in a state of *Brahmic* consciousness even while being engaged in worldly transactions. His is in natural uninterrupted *Samaadhi*. Only such an enlightened, *Jivanmukta* is a true *Brahmacharya* because he is always one with *Brahman*, ever absorbed in *Brahmic Bliss*. So *Brahmacharya* literally means conduct that leads to the realisation of *Brahman* or one's own Self. The technical meaning of *Brahmacharya* is conservation of seminal energy. In this context it is the supreme observance, the supreme penance and the supreme *Saadhanaa* and the fruit of *Saadhanaa* is Self-knowledge, Self-realisation. It is only on attaining this ultimate goal that the full importance of *Brahmacharya* can be comprehended.

*Brahmacharya* is absolute freedom from sexual desires and thoughts. Even if there is a single impure sexual thought in the mind, one cannot be called a true *Brahmacharya*. In a Self-Realised soul (*Jnani*) the cravings are completely destroyed. Before attaining Self-knowledge, one is not released from the shackles of carnal desires. Conservation of seminal energy is the most essential for eradication of desires, attaining purity of mind, healthy and happy life, God realisation, or Supreme goal of human life, i.e. Supreme Bliss. Now we will discuss about some techniques of *Brahmacharya*.

## Ways to preserve seminal energy

### (i) *Simple Living*

The majority of human beings suffer under the delusion that they will gain a special and covetous social status if they lead a life of pomp and show. But this only reveals the hollowness of their perverted ego-based value system, which takes pride in vulgar exhibition of wealth and possessions. With a view to leading a worthwhile, purposeful life one should abstain from wearing gaudy-coloured (fashionable) clothes, silks, etc. and using stimulating perfumes and scents. The more luxurious a life one leads, the more difficult it becomes for him to preserve his seminal energy.

A cursory glance through history shows that truly great personages led simple, unostentatious lives. Simple living is a sign of greatness. Learn to follow the lives of great saintly souls. Don't be impressed by the life-styles of ostentatious egoistic people.

## **(ii) Moderation in diet**

Don't be a glutton. Control of tongue is a *sine qua non* if you want to control lust. If discrimination is not used as to what to eat, when to eat, how to eat, how much to eat, digestion will be impaired. Bahman, the Emperor of Iran, once asked his physician, "How much food a man should take in a day? "

Physician replied, "100 dirhams (about 507 gms.)"

The King said, "This much is not enough."

The Physician replied, "This much is enough for nutrition of the body. If any one takes more it is a burden on digestive system. It reduces the longevity of life."

Generally people stuff the stomach with delicacies to enjoy taste. Stuffing the stomach is highly deleterious. In ancient times an Emperor in Europe was fond of tasteful foods. He took food, and then vomited it out. Again took food to enjoy taste and vomited out. But he died earlier due to his gluttonous habit.

Such licentious indulgence of the sense of taste will also lead to frequent discharge of semen in dreams. Thus one will gradually become a victim of diseases and ruin. Food should be taken in a holy place, when the mind is in pleasant mood and peaceful state. Solid food is easily digested if it is taken when Surya Nadi is working dominantly i.e. when the breathing mainly takes place through right nostril. If right nostril is closed, it should be opened before eating. The method is given below:

Close the right hand first. Place it in the left armpit and press it with the left arm or lie on your left side and make the right nostril work.

Keep another important point in mind. Whenever you take any liquid food, make sure that the left Nadi (Chandra Nadi) is dominantly working, i.e. left nostril is open. If milk, coffee, tea, water or any other liquid is drunk when the Surya Nadi is open, then one is sure to lose seminal energy. Beware do not take any liquid when the right nostril is open.

Do not overload the stomach at night. Overloading is the direct cause for nocturnal emission. Take easily digestible, light food at night. Don't take very hot or heavy food as they cause diseases. Things fried in oil or ghee, over cooked foods, spicy foods, chutneys, chillies, meat, fish, eggs, garlic, onion, liquor, sour articles and stale food preparations should be avoided for they stimulate the sexual organs. Hot foods and hot tea weaken the teeth and gums. They make the semen watery.

Thoroughly chew the food. If you feel tired, take a little rest before you take food. No strenuous work should be done immediately after meals. Water should not be taken just before meals. It is better to take it in the middle of the meal or about 30 to 60 minutes after the meal.

Eating after midnight is not good for health. One should never take warm milk at night before going to bed. It usually causes wet dreams.

Spinach, green leafy vegetables, milk, butter, ghee, buttermilk, ripe fresh fruits and white pumpkin are sattvic articles for keeping up *Brahmacharya*. *Sattvic* foods increase *Sattva guna*; thereby help in overcoming lust, anger, attachment etc.

Never stop the urge to answer calls of nature. When there is any inclination for micturition at night immediately get up to empty the bladder. A loaded bladder is the cause of wet dreams. Before retiring to bed answer the calls of nature. If there is severe constipation and the bowels are loaded, they will press the vesiculae seminalis and consequently, there will be discharge at night. To relieve constipation do as follows:

Take about 50 Gms. of red alum. If you heat it on a baking pan, it is puffed. Grind it to fine powder. Fill this powder in a glass bottle.

Soak about 15 Gms. of fennel in a glass of water. Next day morning boil it. Filter the boiled water. Mix 15 Gms. of alum powder from the bottle. Drink it. This will relieve constipation.

You may take Trifala churna or Sant Kripa Churna or Isab-gul (*Plantago ovata*) with water to relieve constipation. Avoid the use of so called hot, sour, stimulating laxatives as it creates heat in the body.

You should take recourse to occasional fasting. During fasting, the internal organs such as the stomach, the liver and the pancreas take rest. Avoid excessive fasting. One should fast in accordance to his capacity. Fasting one day and stuffing the stomach with heavy foods (sweets, laddu) the next day is not sensible. Over eating and excessive fasting both are detrimental to health.

The literal meaning of 'fasting' is to be near God. Sanskrit word for fasting is *Upavaasa*. "*Upa*" means near and "*Vaasa*" means to stay. You will have very good meditation and contemplation during fasting, as the mind is calm and introverted. Fasting controls passion and destroys sexual excitement.

### **(iii) Bathing the genital organ**

Soon after micturition or defecation a fine stream of cold water should be poured on the sexual organ. It tones and soothes the nerves of the genito-urinary system and stops nocturnal discharges. It also weakens the sexual desire.

### **(iv) Asanas and physical exercises**

A healthy mind lives in a healthy body. One should regularly practice selective *yogasanas*, *pranayamas* and exercises early in the morning. This helps considerably in ones effort to check the sexual impulse. Jogging and brisk walking in early morning for 3-4 minutes also provides a good exercise to the body. In addition, do 13 or more *Suryanamaskaras* at sunrise, it gives the benefit of both *asanas* and exercise.

Exercise does not mean bodybuilding. Heavy muscular exercise should be avoided. The purpose of exercise is just to provide enough exercise to the body to keep it free from diseases. Body and mind should be healthy.

Asanas are more helpful and useful to a *sadhaka* than exercises because *asanas* are not only physical, but also spiritual. They help a long way in controlling the senses, mind and body. *Asanas* are very useful for integral physical growth and practice of *Brahmacharya*. *Asanas* purify the body, nerves and muscles, *nadis* and thereby enhance the *sattvic* nature. As such there are so many different *asanas* for

development of different organs and parts of the body. *Padapaschimottanasana*, *Sarvangasana* and *Mayurasana* are very useful for maintaining *Brahmacharya*. Among these, *Padapaschimottanasana* is the most useful. This is the personal experience of many *Sadhakas* who come to the Ashram.

Asanas should be learnt from a qualified instructor and should be done on an empty stomach, in the open air. Asanas should be done after evacuation of bowels and after taking a bath. Here I have given you instructions for *Padapaschimoitanasana* that is the most useful for maintaining *Brahmacharya*. For instructions on other asanas refer to my book "*Yogasana*".

### **(v) *Padapaschimottanasana***

**Technique:** Spread a blanket on the floor and sit over it with legs extended in front. Hold both toes with the index fingers and flex the spine. Touch the forehead to your knees by bending forward from the waist. The knees should remain flat on the ground. In the beginning if the knees tend to bend, it does not matter. Only by repeated practice, this *asana* is perfected. Avoid too much exertion when you do this *asana*.

**Benefits:** Practice of this *asana* purifies nerves, prevents and cures many diseases. Many abdominal disorders like indigestion, constipation, common colds, acute coryza, productive cough, backache, hiccup, leucoderma, urinary diseases, wet dreams, seminal disorders, Appendicitis, scitica, jaundice, insomnia, asthma, hyperacidity, nervous debility, uterine disorders, menstrual disorders, impotency, (sterility), blood disorders, stunted growth and many other diseases can be cured by this *asana*.

In the beginning of the practice, do this *asana* for 30 seconds and then gradually and slowly increase the period up to 15 minutes. Difficulty will be experienced in the initial few days. The *asana* will become easy with practice. This *asana* improves the built of the body. It reduces excess of fats (if any), and makes a weak body strong and well built. For those who practice *Brahmacharya*, this *asana* is a special boon from Lord Shiva. This *asana* was specially designed by Lord Shiva and later Gorakhanatha made it popular.

Before you take a bath, rub your body thoroughly with a coarse towel. This friction generates static electricity, which helps in prevention of a number of diseases. Fast breathing improves peripheral blood circulation.

During inhalations, lungs are filled with clean air, which provides oxygen to all the organs of the body through arterial blood circulation. The venous blood carry carbon dioxide (toxic waste) to the lungs from where it is thrown out through exhalation. Some of the impurities are removed by sweat glands in form of perspiration. Therefore, it is better to bathe after rubbing the body because impurities are removed through perspiration. The rubbing opens up the skin pores, which gives agility to the body. Again after bathing, the body should be thoroughly rubbed with a clean and coarse towel.

### **(vi) *Early rising***

Night pollution generally occurs in the fourth quarter of the night. Therefore get up from bed between 4 and 4.30 a.m. Those, who get up late in the morning, become

spiritless. Sleep on the left side. Allow the Solar (*Surya*) *Nadi pingalaa* to work throughout the night through the right nostril.

### **(vii) *Eschew intoxicants***

Alcoholic drinks (liquor), tobacco (chewing), cigarettes stimulate passion.

In Quran Sherifs Allaah Pak Trikol Roshal's Sipard, it is written: "O believers, this wine and gambling, and these arrows you use for divination, are all acts of Satan, so keep away from them. You may haply prosper.

Satan only wishes to create among you enmity and hatred through wine and gambling and to divert you from the remembrance of God and prayer. Will you, therefore, not desist?" - 5th feast.

Heart and lungs are weakened by intoxicants. Immune system is jeopardized and longevity is reduced. Scientific research conducted by American doctors proved that the intoxicants make semen watery and infertile.

### **(viii) *Seek Satsang or Good Company***

If one doesn't seek good company, he will fall in bad company. Therefore always seek satsang or association with the wise, saints, Yogis, Sanyasis and Mahatmas, and practice their precepts in thought, speech and deed. Whenever an evil thought enters your mind, be alert. Leave that place immediately and go to a place of Satsang. The magnetic aura, the spiritual vibrations and the powerful thought currents of saints purify the body and the mind of passionate man. If one doesn't do this, the sexual thoughts will penetrate the body. It is the mind that really does all actions, the determination of mind will be put into action. You will get a downfall. Lamentation after the fall is futile. The water has a natural tendency to flow downwards. Even so mind has a natural tendency to go downwards to sense pleasures. The passionate mind deceives the person and drags him to sense pleasures. It takes you into bad company, which ultimately leads to downfall. Apparently the bad company may seem attractive to you but .....

**जिसके पीछे हों गम की कतारें, भूलकर भी उस खुशी से न खेलो |**

"Don't indulge in momentary sensual gratifications, for it results ultimately in a number of sorrows and sufferings."

Even if you suffered a great downfall in past life, there is a chance for redemption provided you turn to satsang. The history reveals that many wicked persons have become great persons through Satsang.

Lack of Satsang leads to downfall. Therefore, take a bath in the holy Ganges of satsang. It will burn all ignorance, all thoughts and Sanskaras of passion and evil actions in short time just as a single matchstick burns huge bundles of cotton in few seconds.

### **(viii) Cultivate good will**

Even great sages and Yogis have, at times, experienced failure on the path of *Brahmacharya*, how can we observe celibacy strictly? Resolutely drive away such weakening thoughts. Develop dynamic will power. As you think, so you become. This world is itself a manifestation of Cosmic Will. Therefore, think positively. Will is a powerful enemy of passion. Strong will helps in preservation of seminal energy and the later cultivates the former.

विश्वासो फलदायकः ।

It is the faith that bestows the fruit of success.

*Brahmajnani* saints have unshakable will power. Actually *Brahmajnani* is an embodiment of *Brahmacharya*.

### **(ix) Practise Tribandha Pranayama**

Practice of *Pranayama* along with three Bandhas (i.e. *Mula Bandha*, *Uddiyan Bandha* and *Jalandhar Bandha*) purifies the mind of all passion. *Mula Bandha* enables one to conquer passions, *Uddiyan Bandha* brings rapid spiritual progress and *Jalandhar Bandha* develops intelligence. It should be learnt from any adept in Yoga. To begin with, 12 *Pranayama* is enough. By this practice one becomes master in *Pratyahara*. The 'Yoga Sutras' say that to make the sense organs follow the intellect and to withdraw them from their objects is *Pratyahara*. 12 times *Pratyahara* leads to *Dharana* (concentration). Mysteries of Nature are revealed by the power of *Dharana*. Sweetness in nature, uniqueness of intelligence and vibrant health are the marks of well-developed *Dharana*. 12 times *Dharana* practised culminates into *Dhyana* (meditation). 12 times *Dhyana* practised turns into *Savikalpa Samadhi* and 12 times uninterrupted *Savikalpa Samadhi* leads to *Nirvikalpa Samadhi*.

Thus, by constant practice a *Sadhaka* can become an adept in Yoga (Siddha Yogi) *Riddhis* and *Siddhis* (miraculous powers) obey his commands. Even *Yaksas*, *Gandharvas* and *Kinnaras* seek an opportunity to serve him. Such a Holy man fulfils the desires of worldly people by merely his strong will power. A *sadhaka* should aspire for this goal. One who observes *Brahmacharya*, who leads a life of purity, can only succeed in this goal.

Friends! Be not disappointed even if you fail several times. Do not give in to failure. When you get up early in the morning, sit for a while on your bed and meditate:

"Animal is dragged by natural tendencies to sorrows and sufferings. I am not born to lead animalistic life. I won't destroy my life in sensual pleasures. I will march ahead. I will exert vigorously to control my senses and mind to transcend the nature. Hari Om... Om... Om...

God's infinite power resides in my heart. Hari Om .... Om... Om...

I will not be impressed by the life style of passionate worldly people. Hari Om... Om... Om..."

This practice will give miraculous benefits. You love; you pray the Almighty, Omnipresent, Omniscient Lord. At times you call him earnestly for his help. God is our sure guide. He always helps us, gives us strength and intelligence and a *Sadhaka* defies lowly passionate nature. God's infinite power is ready to help you. Do not be disappointed. Don't be depressed. Don't give up courage and hope to attain success even if you have failed again and again.

Bravo ! be courageous. Try again. Read this book again and again. Think over it seriously. You can easily progress successfully in any field. Will you join courage ?

Over eating, excessive sleeping, garrulousness, excessive sex indulgence and excessive traveling destroy our innate abilities. Whereas, self-control and exertion develop our hidden abilities and thereby lead us to God-realisation.

### **(x) *When the Neem tree (Margosa) moved..***

I narrate an event which occurred in the life of my Sad-gurudev, Rev. Sri Lilashahji Maharaj. It happened during the pre-partition times in the province of Sindh. There was a dispute about the ownership of land between the Hindus and the Muslims. The British court failed to give any judgement in this case. At last, religious leaders from both the communities agreed to have an out-of-court settlement. They had a mutual understanding that whichever community had the mightier saint will have title to the land in dispute. There was a Neem tree on one side of the border of the land. Both parties agreed that whichever community's saint wrought a greater miracle on the disputed land would have the ownership of the land. At that time my Gurudev's name was Swami Lilaram. Leaders of the Hindu community approached Swami Lilaramji and said, "You are our only saint. We tried our level best to get the land but we failed. Now the credit of the Hindu community is in your hands."

इंसाँ की अज्म से जब दूर किनारा होता है |  
तूफाँ में टूटी किशती का एक भगवान किनारा होता है ||

"When a storm causes ship wreck in the ocean and it is beyond the capacity of man to reach the sea-shore, God alone is the saviour."

If an egotist goes to a saint, he gains nothing but if one goes with humility and with a sense of surrender he gains something. Out of compassion the saint readily showers blessing upon people endowed with faith and humility. After listening to their prayers, Sri Lilaramji went to the assembly held at the disputed site and sat on the ground placing his head between his knees. On seeing him in this unassuming and simple manner, the members of the opposite party mistook him for a fake holy man without any miraculous powers whatsoever.

They whispered, "What can this saint do? Victory is ours."

The Muslim *fakir* first displayed his magic, Mantras and Tantras. Then came the turn of Sri Lilaramji.

Although he appeared to be an ordinary looking person, he was a mighty saint and a master of yoga, who remained absorbed in a constant state of communion with cosmic consciousness, Bliss Absolute. He was so deeply absorbed in the all pervading, Omnipotent reality that it was his own experience, "Earth, Space, Nay? All cosmos exists in my Being. Not even a leaf can move without my power. The sun, the moon, the stars and the galaxies move in their orbits on my command. Everywhere in all these different forms, I am sporting. I am the Lord of the universe." This apparently impoverished-looking Self-realised saint could make things happen according to his will and nobody (in this world or the other) could check it, for his will is one with the Divine will. Nature becomes a pliant servant of such saints. Sage Vashistha said in Yoga Vashistha : "Oh ! Ramji, there is none in the universe who can disobey the command of a saint. "When the people requested Sri Lilaramji, he raised his head slowly. He looked at the neem tree and said "O Neem ! Why do you stand here ? Go and stand over there." As soon as Sri Lilaramji issued this order, the tree began to move all along the ground and firmly rooted itself inside the disputed land, at a short distance away from its original site. The spectators were dumbfounded. No one had seen such a miracle in past. Even the members of the muslim community began to touch Sri Lilaramji's feet with deep reverence. They realised that he was a truly great and mighty saint, with miraculous power at his fingertips. The muslim members said, "He is not only your saint. He belongs to all. From now onwards he is not Lilaram; he is Swami Lilashah."

From then on, people forgot his name Lilaram and began to recognize him as Lilashah. There are many similar miracles that people have witnessed in his life. Swami Lilashah left his mortal body at 93 and merged with *Brahman*. Even at the age of 93 years all his teeth were firm and his speech was impressive. He regularly practised *asanas* and *Pranayamas*. He was a great *brahmachari* all his life. Even at the age of 93 years, he used to walk many miles a day. By his grace childless couples were blessed with children, the poor became wealthy, people with depression got new enthusiasm, and many diseased people got rid of their ailments. His spiritual guidance and grace enlightened seekers of truth. The story of miracles he performed is unending. But the cause of his greatness is not his miracles but his Self-knowledge. Through practice under the guidance of a Yogi, any one can perform miracles. Self- realisation is far beyond miracles. It is the acme of all Sadhanas. To attain Self-realisation is the ultimate aim and the supreme state of Brahmacharya. I have told it earlier that merely preservation of seminal fluid does not constitute actual Brahmacharya. It is just a means of Brahmacharya. If anyone practises Brahmacharya but his mind is corrupted by sexual desires, he subconsciously rejoices in vicarious joys. He does not get Brahmic Bliss. However, Brahmacharya is the only key to success in attaining Brahmic Bliss. Strict observance of Brahmacharya and unquestioning obedience to commands of a Sad guru lead to Self-knowledge. Such a Sadhaka is able to practise Brahmacharya effortlessly. In due course of time he becomes a Siddha. Even by his gracious glance, a lustful man becomes a man of self-control.

Saint Gyaneshwar ordered the platform, on which he was sitting, to move and it started moving on the ground. Similarly Shri Lilashahji Maharaj asked the Neem tree to move and it moved from one place to another. These miracles are caused by strong will power. You can also develop strong will power.

Swami Vivekananda said: "People of India suffer slavery only because they have forgotten their will-power."

"What can we do?" such negative thinking has weakened their will power. Where as even a British child is full of self-confidence and self-esteem, for he thinks positively, he gets success. He thinks, "I am an Englishman. English people rule over three quarters of the world. I belong to a glorious race. Who can check my success ? Nobody can prevent me from attaining success. I am bound to succeed. What is impossible for me ? Nothing." Such positive thoughts lead him to success.

If a British boy can enhance his will power merely by thinking about his glorious race, why cannot you do the same ?

"I am the descendant of great sages and saints. I am born in the race of great man of firm resolve like Bhishma. In my veins flows the blood of King Bhagirath who landed the river Ganges from heaven. I am the descendant of great sage Agastya who drank the ocean. I am born in a country where Lord Rama and Lord Krishna (incarnations of Lord Vishnu) lived and even *devtas* cherish a desire to take birth in it. I am Indian. How can I be poor, downtrodden? I can't remain poor, meek, weakling. Nothing is impossible for me. How could I remain a weakling & poor guy, being a descendant of the great sages who disseminated the message of immortality of soul, divinity of man and absolute fearlessness to the world? I will cultivate my innate *Samskaras* of fearlessness. I will become powerful."

### **(xi) Change the angle of vision**

Ramakrishna Param Hamsa said, "Whenever you see a beautiful woman, and if evil thoughts crop up in your mind, visualise the 'World Mother' (*Jagadamba*) in her. She is a manifestation of 'World Mother'. That is why she is so beautiful. She is Divine mother blessing me with her *Darshana*. Entertain this *Bhava* (attitude), evil thoughts will die. When Governor of Kalyana, Bahlol Khan was defeated by Major General of Shivaji's army, the latter presented a beautiful *Begum* to Shivaji. Strict celibate Shivaji looked at her with reverence, and said, "If I have to become beautiful, I will take birth through your womb, mother." Saying this he scolded his Major and ordered him to send her with full honour to her husband. Shivaji was a strict celibate because he was a disciple of a mighty saint Samarth Ramadasa.

### **(xii) Arjuna and Urvashi**

Once upon a time, Urvashi came to meet Arjuna in heaven. Beholding her at night in his mansion, Arjuna with a fear stricken heart, stepped up to receive her with respect and as soon as he saw her, the son of Kunti, from modesty, closed his eyes. And saluting her he offered the *Apsara* such a worship, as is offered to a superior. And Arjuna said: "O thou foremost of the *Apsara*, I rever thee by bending my head down. O lady! Let me know thy command. I wait upon thee as thy servant."

Hearing these words of Arjuna, Urvashi became deprived of her senses and she soon represented unto Arjuna all that had passed between her and Gandharva Chitrashen. And she said, "O best of men, on account of thy coming here, O Arjuna, Indra had convened a large and charming assembly in which celestial festivities were

held. When I was dancing, thou hardest looked on me, only with a steadfast gaze. O sinless one, commanded by Chitrasen and thy father (Indra) also, I come to thee in order to wait upon thee. O slayer of foes my heart hath been attracted by thy virtues, and am already under the influence of the God of Love (Kamadev). And O hero, even this is my wish and I have cherished it for ever."

While in heaven, hearing her speak in this strain, Arjuna was overcome with bashfulness and shutting his ears with his hands he said, "O blessed lady, fie on my sense of hearing, when thou speaks thus to me. For O thou of beautiful face, thou art certainly equal in my estimation unto the wife of a superior. Even as Kunti here, even this is my wish and I have cherished it forever. O auspicious one, of this there is no doubt! That I had gazed particularly at thee, O blessed one, is true. There was a reason for it. In the assembly I gazed at thee with eyes expanded in delight, thinking, "Even this blooming lady is the mother of kaurava race." O blessed *Apsara*, it behoveth thee not to entertain other feelings towards me, for thou art superior to my superiors, being the parent of my race."

Hearing these words of Arjuna, Urvashi answered saying, "O son of the Chief of the celestials, we *Apsaras* are free and unconfined in our choice. It behoves thee not, therefore, to esteem me as thy superior. The sons and grandsons of Puru's race that have come hither in consequence of ascetic merit do all sport with us, without incurring any sin. Relent, therefore, O Arjuna, here it behoveth thee not to send me away. I am burning with desire. I am devoted to thee. Accept me, O thou giver of proper respect."

गच्छ मूर्ध्ना प्रपन्नोऽस्मि पादौ ते वरवर्णिनी ।

त्वं हि मे मातृवत् पूज्या रक्ष्योऽहं पुत्रवत् त्वया ॥

(Mahabharat: vanaparvani indralokabhigamana parva: 46.47)

Arjuna replied, "O beautiful lady, listen. I truly tell thee. Let the four directions and the transverse directions, let also the gods listen. O sinless one, as Kunti or Madri, or Shachi is unto me so art thou, the parent of my race, and object of reverence to me, Return, I bend my head unto thee, and prostrate myself at thy feet. Thou deservest my worship as my own mother, and it behoveth thee to protect me as a son."

Thus addressed by Arjuna, Urvashi was deprived of her senses by wrath. Trembling with rage and contracting her eyebrows, she cursed Arjuna, saying, "Since thou disregard a woman come to thy mansion at the command of thy father and of her own motion- a woman besides who is pierced by the shaft of Kama. Therefore, O Arjuna, thou shalt have to pass thy time among females, unregarded and as a dancer and destitute of manhood and scorned as a eunuch."

Arjuna sought Chitrasen without loss of time. And having found him, he told him all that had passed between him and Urvashi in the night, repeatedly referring to the curse pronounced upon him. And Chitrasen also represented everything unto Indra. And Indra calling his son (Arjuna) unto himself in private, and consoling him in sweet words, smilingly said, " O thou best of beings, having obtained thee, O child, Kunti hath today become a truly blessed mother. O mighty armed one, thou hast now vanquished even Rishis (Sages) by the patience and self-control. But O giver of proper respect, the curse that Urvashi hath denounced on thee will be to thy benefit, O child, and stand thee in good stead. O Sinless one, ye will have on earth to pass the thirteen years (of your exile,) unknown to all. It is then that thou shalt suffer the curse of Urvashi. And

having passed one year as a dancer without manhood, thou shalt regain thy power on the expiration of the term."

And it happened so. During his exile, Arjuna worked as a dance teacher in the palace of king Virat, where Virat's princess learnt performing arts of music and dance from Arjuna in the guise of Brhannala.

Author of the great epic, (Mahabharata) says, "The desires of the man that listen to this history of the son of Pandu never run after lustful ends. The foremost of the awfully pure conduct of Arjuna, become void of pride and arrogance and wrath and other faults, and ascending to heaven, sport there in bliss."

This is an unprecedented example of beholding all women (except one's legal wife) as mother. Similar example occurs in the great epic, Ramayana.

Laksmana, the younger brother of Rama, followed Sri Rama for the long period of fourteen years, though he was perfectly aware of the dangers of the forest. He was pure in thought, word and deed. He led the life of an ideal Brahmachari, during the fourteen years of exile. He never looked at the face or body of Sita. His eyes were ever directed towards her lotus-like feet only. When Sugriva brought Sita's cloak and jewels-which, while she was being carried away by Ravana, she had allowed to fall on the earth, seeing the monkeys on the mountain - Rama showed them to Laksmana and asked whether he recognised them. Laksmana said:

"I do not recognise the bracelets or ear-rings; I know only the anklets, for I worshipped her feet alone." It was due to this attitude of beholding woman as the mother that Laksmana could strictly observe celibacy for fourteen years.

Meghanada, the son of Ravana, had conquered even the Indra, the lord of gods. He had a boon of being invincible to all except to one who 'could abstain from all sorts of sensual enjoyments at least for fourteen years. Laksmana destroyed him by the power of his purity, by the power of his *Brahmacharya*. This illustrates the significance of *Brahmacharya*.

Indian civilization has given such a high and holy status to the mother that this attitude of beholding mother as goddess can save the mankind from utter ruin. Ramakrishna Paramhansa and other saints of his level, when tempted to licentious women, saved themselves from lust by beholding the mother in them. This motherly attitude (*Matribhava*) protects the mind from all passions. Whenever you see a woman and the evil thought arises in your mind, you should become cautious and develop Matribhava to her.

### **(xiii) Read good spiritual books**

As you read, so does your mind think? And as you think, so you become. Those, who are in a habit of reading novels and pocket books that deal with passion and love, (pornographic literature), cannot progress in life. Novel reading fills the mind with base, lustful thoughts and excites passion. Therefore, one who reads such literature cannot preserve his seminal energy. Do not read those journals that excite your lower instincts. Now days, under the influence of western culture, some people produce and distribute exciting films (blue films). They arrange private shows for children, teenagers, and adolescent people. The American government is now using television as

medium to warn children against teachers and other adults who are child molesters. This situation has got out of control to a great extent. Such pedophiles should be severely punished. Abuse of children must be prevented. Sometimes, when the parents are not at home, the children hire exciting videocassettes from cassette libraries and see at home. These films destroy the character and youth of the spectators. They spoil the minds of young men by the distribution of these worthless & vulgar films and videocassettes. The whole atmosphere is polluted. Severe punishment is awaiting them in the *Yamaloka* (terrible hell). No doubt, they will suffer the consequences of their sins but to save the young generation from ethical, moral and spiritual downfall is the primary duty of the Indian Government and the leaders of the society. Everybody should make efforts to save children and teenagers from falling a prey to such video-film (blue film) monsters.

Put an end to going to exciting films and seeing serials on television. Do not allow your children to see such movies. Do not see vulgar sensuous scenes wherever it may be. Do not indulge in naked pictures or bluefilms. All these tend to increase passion and deplete semen.

Multinational television serials are the chains of western civilisation to capture the victim unaware in its glittering fetters. You should strictly avoid these and compel your children to do so.

Children are the invaluable assets to the nation. If children are ruined, the nation is ruined. And in order to save the nation from utter ruin, children should be saved from sex abuse. Therefore, prodigal children should be protected from drug addiction, cheap-aphrodisiac literature, exciting films and blue films.

In order to build the character of school-going children and college students, they should be provided and encouraged to read the books on *Brachmacharya*, so that they can know the glory of *Brahmacharya* and by its practice, become brilliant and promising students. This is our moral duty. It is the moral duty of the government to make all efforts to propagate the books of *Brahmacharya* among all students, for children (students) of today are the builders of future Indian nation.

If you read biography of any great person, you will find good literature as the source of their inspiration. Emerson was a great American Philosopher. Thoreau's character and literature exercised a great influence on him. Thoreau practised *Brahmacharya*. He wrote, "I bathe everyday in the sanctifying water of (the teachings of) '*Bhagavadgita*'. Although this gem of spiritual literature was written many centuries ago, no other scripture (book) can compete or be compared with it." Indian spiritual lore exercised a fascinating influence on the mind of the famous journalist and writer, Paul Brunton. That inspired him to visit India, where he was blessed with *Darshan* of Ramana Maharsi and other great saints and Yogis.

Our great martyrs Chandrashekhar Azad, Bhagat Singh and Vir Savarkar were inspired by patriotic literature to dedicate and sacrifice their lives for the liberation of India. Therefore, the glory of good literature is beyond words. There are so many great inspiring spiritual books reflecting the glory of Indian civilization viz, '*Yoga-Vagistha Maha Ramayan*', '*Shrimad Bhagavadgita*', '*Upanishads*', '*Daas Bodh*', '*Vivek Chudamani*', '*Sukhmani*', publications of Shri Ramakrishna mission, books by Swami Ramatirtha, etc etc. Make study of such literatures an indispensable part of your daily routine. Books that deal with love stories exciting passion and pornographic literatures

should be either thrown into dustbin or reduced to ashes. You should strictly avoid these and give them not to others for reading. Reading of spiritual literature is of immense value in observing *Brahmacharya*. Always read a spiritual book in the morning after taking bath (and before going to job) and at night just before retiring to bed. The pure, sublime-elevating thoughts of the book will displace the evil (passionate) thoughts of your mind and you will not become a victim of sexual thoughts and fantasies.

For protecting the semen, it is essential to wear always a strip of cloth (*Langoti* or *Kaupin* or loin cloth) over the private part, for there will be no night emission and growth of inflammation or any other disease of the testicles. This will help you in keeping up *Brahmacharya*.

Do not witness vulgar sensuous scenes wherever it may be. Do not indulge in seeing naked pictures and advertising posters. All these tend to increase passion. You should strictly avoid it.

Immoral songs produce a bad, deep impression in the mind. Aspirants should run away from places where vicious songs, poems, vulgar film songs, pop music or disco songs are sung or played on radio, transistor or cassette player.

## Miracles of preserving seminal energy

Semen is the vital energy, which supports your life. Each and every sperm is capable of producing a human being (if given a chance to fertilize). The great spiritual masters like Acharya Shankara, Saint Kabir, Guru Nanak, the great warriors, the ingenious scientists and fascinating writers were born through seminal energy. Even in the future all geniuses will be born through seminal energy. One who does not conserve his seminal energy, and wastes it for momentary sensual pleasures paves his way towards self- destruction.

वीर्यं वै भर्गः ।

(शतपथ ब्राह्मण )

"Semen is brightness, strength and (Self) *Atma*." -(*Satapath brahman*).

Semen is such a vital sublimating force for uplifting the life. Following are the examples of those who wasted it and incurred the great irreparable loss:

### ***Grandsire Bhishma and the great Abhimanyu***

There were two great battles, which took place during the war of Mahabharat. One is of grandsire Bhishma and the other of Abhimanyu. Bhishma was a *Naisthika Brahmachari*, i.e. life long celibate. Therefore he was a man of boundless power. Lord Krishna had taken a vow that during the war he would not wield any weapon. However, he was compelled to break his vow in the face of the allconquering and irresistible attack that Bhishma mounted on the army of Pandavas. Even Arjuna armed with celestial weapons could not combat Bhishma's onslaught and Lord Krishna was forced to take up a wheel of a chariot to protect Arjuna from the arrows showered by Bhishma. It was through the power of *Brahmacharya* (alone), that Bhishma could conquer death.

When he was pierced by sharp arrows all over the body, his survival was impossible. Yet (god of) death could not snatch his life. Lying on the bed of arrows, he gave wonderful discourses on political, philosophical, religious, social and moral subjects to Yudhishthira. Bhishma waited for the beginning of auspicious *Uttarayana*. Then he willingly left his body.

The second battle was that of a charming and brilliant hero Abhimanyu. Arjuna's son, Abhimanyu fought single handed against the terrific strategy of Kauravas called *Chakravyuha*. Bhima, the chief of Pandava army, was left behind. Abhimanyu fought with commendable valour wielding a wheel of a chariot all alone amidst great warriors of Kauravas. But in the end he was killed because Abhimanyu sowed the seed of Pandava dynasty before proceeding to his last battle. He had passed the night before the great battle in the amorous company of his wife Uttara. Due to this act of infringement of *Brahmacharya*, he could not conquer death, unlike grandsire Bhishma.

### ***The cause of Prithviraj Chauhan's defeat***

Prithviraj Chauhan defeated Mohammed Ghauri in sixteen battles, but in the 17th battle, he was defeated and captured. Mohammed Ghauri blinded Prithviraj by piercing hot iron bars in his eyes. The astonishing thing is why the sixteen times victorious hero was defeated at the 17th time? The history says that while going to the battlefield, he was girdled by his beautiful and charming empress Sanyukta.

These are the evil consequences of wasting seminal energy.

You might have heard about heroic feats of **Mahavir Hanuman, the great devotee of Lord Rama.**

Hanuman burnt the whole Lanka and brought news of Sita to Rama. In doing this, he crossed the ocean by flying in air. In the great war between Rama and Ravana, Hanuman killed many heroes of the *Raksasa* army. In that war he made Ravana unconscious by giving just a single blow of his fist on Ravana's head. He did many superhuman acts. Carrying a big mountain (to get life-giving herb, 'Sanjivani' for unconscious Laksman) and other great activities were nothing for Hanuman. It was his celibacy that made him a great hero.

**Napoleon**, the great conquerer said, "Impossible is not a french word." Yet he was defeated in the battle of Waterloo. It is said that, when he fell from his zenith, he had split his white blood before going to the battle. In the evening preceding the battle, he is reported to have allowed himself to be thrown into the well of carnal pleasure.

In the Bible, Samson has been described as an ideal of courage and bravery.

"My strength is the strength of ten because my heart is pure."  
"I never felt the kiss of love, nor maiden's hand in mine."

But when he enjoyed the poisonous wine of a lady's eyes, all his bravery and heroism vanished in no time.

## ***Swami Ramatirtha's survey***

When Swami Ramatirtha was a professor, he had drawn a list of successful and unsuccessful students. From their inner condition and character, he had come to the conclusion that students, who were engrossed in base pleasures, during the examination days or just before the examination, were often unsuccessful, even though they were said to be good students in the class. On the other hand, those students whose hearts were pure and one pointed during examination, were always successful.

To control the sexual desires is a herculean task. That is why Manu said: "One should not share his seat even with one's step-mother, sister, or daughter. The organs of senses are not easily controllable and lead to the fall of even educated people."

## ***A Word of caution to the youth***

I would like to tell something, especially to the youth, for the future of India lies in their hands. In ancient India, youth worked for upliftment of the nation and discovered scintillating secrets of the spiritual realm. The youth of modern India is blinded by luxurious living and indulgence in sexual pleasure. Fashion, style, epicureanism, gluttony and luxury have occupied their minds. The vices and bad practices are ruining their health, vitality and will power.

This sexual energy is a boon given by God to the youth. It is not a curse pronounced on the youth. When this sexual energy develops in adolescent (a youth), it fills him with so much vigour and self-confidence that he feels that he can do anything and everything in the world. But he becomes victim of vices and bad practices.

## ***Evil effects of masturbation***

These bad practices and bad habits of masturbation or excessive sexual intercourse drain the energy enormously. There appears boils on the body, acne or eruptions on the face, blue lines around the eyes, sunken eyes, pale face with anaemia, loss of memory, loss of eye sight, discharge of semen along with urine, enlargement of the testes, pain in the testes, debility, drowsiness, gloominess, palpitation of heart, pain in the back, loins, head and joints, weak kidneys, fickle mindedness, lack of thinking power, bad dreams, wet dreams and restlessness of mind. In the end he suffers from sexual impotency and sterility. This happens particularly in the age group of 17 to 29 years.

Preservation of this divine energy during this period leads to the attainment of strong will power, good behaviour, sharp intellect and spiritual exaltation.

It is my sincere appeal to the youth to realize the value of the vital fluid. You must try your level best to preserve every drop of semen. You should learn and follow the proven techniques of preserving seminal energy. It has been observed that ordinary aids to the practice of celibacy, like fasting, diet-control, etc. give temporary benefits only.

## ***An experiment done in U.S.A.***

A scientific experiment was carried out in an American school of science. 30 students were given no food for a fixed period of time. It was observed that their libido subsided. But when they were given food, libido increased. This shows that fasting gives only a temporary benefit in observation of celibacy.

Ignorant people adopt foolish methods to kill the *Indriyas* in order to control sexual desires. They think that lust can be eradicated completely by such a procedure. They put an iron or brass-loincloth. They are known as *Sikadia Baba*. Many foolish aspirants amputate the organ of reproduction. They fail and repeat eventually. Lust is in the mind. Lust finds expression through organ of reproduction. A tree cannot be destroyed (completely) by cutting off its flowers and leaves. If the mind is subdued, the tree of lust is uprooted. What a great foolish act is committed by ignorant people not getting proper guidance.

## ***Suppression or sublimation***

Repression or suppression of the sexual desire will not help you much. What is wanted is transmutation of the sexual energy into *Ojas* (That is called Sublimation in Western psychology), which in turn should be used to attain Absolute Bliss. One who has mastered this art is the master of all. In spite of being a multi-millionaire, knowledgeable, (politically) powerful or highly reputed (world renowned) person, one who does not know the art of sublimation, he cannot attain Selfrealisation. He is utterly disappointed at the time of death.

Sage Narada was a master of this art. He transformed a robber named 'Valia' into a great sage named 'Valmiki'. Buddha was a master of this art. He transformed a cruel, heartless murderer Angulimaal (wearing a garland of fingers) into a great monk of the Buddhist order.

Such great sages possess a yogic power, which transforms even a lustful person into a *Sadhak*. Having attained the grace of *Shaktipata*, one does not have to fight with the lust; *Brahmacharya* becomes a natural way of life.

I know some people, who practised not much penance or *Japa*, yet they are highly revered. And there are some people who practice penance and *japa* for many years, yet they don't have charismatic personality. The reason is that knowingly or unknowingly, their sexual energy is destroyed either in waking state or sleeping state (wet dreams).

## ***Experiences of sublimation through grace***

A *Sadhak* whom I shall not name, confided to me, "Swamiji, earlier I was not able to stay away from my wife. I was so much obsessed with sex. But now with your grace I do not indulge in sex for even six months as the lust does not compel me to do so."

Another gentle man visits the ashram regularly. His wife complained that Swamiji has cast a magic spell on my husband. Please stop my husband from visiting the ashram. Why should one stop somebody from visiting an ashram? But she told its reason to the people, who told me. She said, "Previously we used to sleep together in

the same bed. Now he sleeps in a separate bed. I wish he goes to the movies, and spend time with his former friends and behaves normally. Earlier he paid heed to me and my needs; but now....."

What a sign of misfortune! She seemed to say, "It does not matter if my husband goes to perdition and his life is ruined. All that matters is that he should be under my control. He should become a puppet in my hands. That is the selfish and sordid face of worldly love. There is hardly 5% of real love in it, the rest of the 95% is lust, attachment and selfishness. Unluckily attachment, in the guise of love, leads us to downfall and degradation."

In the above case, Swamiji (myself) did not cast any magic spell on the man. That man received the *yogic sakti* transmitted by me during *saktipata*. His sexual energy was sublimated. So he got above sexual desires and enjoyed inner joy of meditation. After receiving nectar, who would look for sewage water? Even an idiotic fool would not hanker after disgusting, degrading sexual pleasure if he were enabled to enjoy pure inner joy of *Brahmacharya*.

For ordinary people, this seems like a great miracle but there is nothing miraculous in it. It is nothing for the saints versed in the science of Yoga. Science of Yoga is subtler and more powerful than the physical science. The glory of satsang or association with the enlightened saints is indescribable. Even a moment's company with saints is quite sufficient to overhaul the old vicious *Samskaras* of the people. They can easily observe *Brahmacharya* without any personal efforts.

### ***How to give up masturbation***

The man who has a bad habit of masturbation or who suffers from wet dreams should give up the evil habit at once. You will be entirely ruined if you continue the practice. Do not be worried. Forget musing over the past mistakes and think positively and with confidence about your ability to get rid of evil habits. Give up negative thinking. Let the past not bother you. Let bygones be bygones. The disease is aggravated by getting worried about it. Let not weakening thoughts enter your mind. Do not be anxious over sexual energy you have already wasted in past. Up to this time you were blind and ignorant. You had no idea of the disastrous effect of this evil practice. Wake up now and girdle up loins to preserve seminal energy in the remaining life.

Remember, the aim is not to suppress the seminal energy but to sublimate it. You do not know how to sublimate it.. Learn the techniques of sublimation. But before that you should know the meaning of sublimation of seminal energy.

### ***Sublimation of sexual energy***

According to yogic science, semen exists in a subtle form throughout the body. It is withdrawn and elaborated into a gross form in sexual organ under the influence of an electromagnetic (Bioelectric) energy. It is called *Kamasakti*. Sublimation of sexual energy does not mean flowing the semen from seminal vesicles to the brain. There is no any duct of vessel through which semen could flow upwards towards the brain. Sublimation means diversion of bioelectric energy from sexual organs to central nervous system. This energy is converted into *Ojas*. Semen remains in the same place.

When a man looks at a woman clad in fashionable dress, or he thinks of the body of a woman, this *Kamasakti* flows downwards and activates the genital organs. It is this energy that is used up in the process of ejaculation of semen. So this is the actual loss of vital energy. The Yogi penetrates into the subtle hidden nature of things through inner vision. The allopathic doctors and biologists do not understand the inner Yogic secrets and mysteries. Therefore, doctors often fail to cure some serious incurable diseases. But Yogis can cure the same merely by casting a look or through his Yogic powers.

If you may not become a Yogi who has achieved complete sublimation through Self-realisation, it would be helpful to learn and practice the following techniques of conservation of seminal energy.

### ***Techniques for Conservation of Seminal Energy***

**Technique:** When the sex-centre is stimulated, ejaculation of semen takes place. This method checks it effectively. If there is a thought of sexual desire in the mind, be alert. Concentrate your mind on genitals and contract the genitals inwards towards the belly, just as piston is pulled outwards to fill the pump with water. This is called *Yoni Mudra*. Then shut your eyes. Meditate, "Now I am looking upwards from lower sex-organs to the thousand petalled lotus (*Sahasraar Chakra*) in brain within my body." The seminal energy flows to whatever point (organ) the mind is focussed on. If you focus the mind on *Sahasraar Chakra*, the bioelectric energy, which would have otherwise, been wasted in ejaculation through the activated *Muladhar Chakra*, will be sublimated upwards to the *Sahasraar Chakra* and will be transmuted into *Ojas*. But mind well. If your mind is still covetous of sex-pleasure, you will not succeed in preserving seminal energy. But if you practise for a few days with discrimination and strong will, you will get abundantly its rewards. You will directly experience that even though sexual desires come with a force of storm, with this technique applied, they subside within a few seconds.

**Another technique:** Whenever any strong sexual desire arises, exhale all the air from lungs completely and retain the breath out. Then contract your belly and take your navel back towards the spinal cord. By repeating this two-three times, the passion is pacified and you will be saved from seminal discharge.

This technique is very simple but it is a very important Yogic manoeuvre. Air in the lungs is called *Apaana Vayu*. With the strengthening of *Apaana Vayu* the sexual organ awakens and the mind becomes troubled. By forceful expiration of air, *Apaana Vayu* is weakened. So it cannot activate the sex-centre. Moreover, by contracting the belly and navel backwards, the remaining energy in the sex-centre goes towards the navel. So there is no more energy left to activate sex-centre and thus ejaculation is prevented.

This technique could be practised in any place, without spending any money. This technique should be practised regularly even when there is no sexual stimulation. It gives excellent benefits.

**Herbal aid to celibacy:** One can make this Ayurvedic Churna, without much cost at home. Take dried *Amalas* (goose berries) the fruits of a tree *Emblica Officinalis* and grind them into powder. Ready-made *Amala* powder is available in the market also. Mix two parts of the *Amala* powder with one part of powdered rock-sugar. You may get this ready-made mixture from ashram also.

Take one spoonful of the powder with water half an hour before going to bed. This powder thickens the semen. It also relieves constipation. It restores the balance of *Vata* (Wind), *Pitta* (Bile) and *Kafa* (Phelgm). It is also beneficial to those who get wet dreams. Even healthy people can take it as it helps in self-control.

**Use of Gum:** Soak 6 Gms. of Gum of *Khair* tree (*Acacia catechu*) in water at night. In the morning take this soaked gum on empty stomach. If this causes loss of appetite, take a few slices of ginger with lemon juice 5-10 minutes before meals.

**Tulsi (*ocimum sanctum*) : A miraculous herb** - Victor Resin, a french doctor says, "Tulsi is a wonder drug. Tulsi is very useful in regulation of blood pressure, digestive system, erythrocytosis and mental disorders. It has anti-pyretic and anti-malarial properties also. This has been proved by research scholars.

Tulsi (Basil) cures many diseases. Moreover, it helps in conservation of seminal energy. It improves power of memory. Leaf of Tulsi is an excellent herbal medicine. It restores imbalance of wind, bile and phelgm and thereby helps in cure of many ailments caused due to their imbalance. It is very useful in cases of blood disorders, cough, worm- infestation etc. It is good for cardiac disorders also."

### ***A Mantra useful in celibacy:***

Take some milk in a cup. While gazing at the milk, repeat the following mantra twenty-one times and thereafter drink the milk. This is an excellent aid to *Brahmacharya*. This Mantra is worth remembering by heart.

ॐ नमो भगवते महाबले पराक्रमाय  
मनोभिलाषितं मनः स्तंभ कुरु कुरु स्वाहा ।

### ***Is the woman the gateway to hell?***

There are many people who object to the view of the *Sanyasis* that woman is the gateway to hell. Ladies should not be offended when they read such scriptures. The saints and *Sanyasis* have great regards and admiration for women. The same scriptures and saints who censure women in one place praise them in another. They say, "Women should be honoured. They are manifestations of *sakti* or the energy of Lord. Only those who honour women can attain prosperity." Therefore O Women ! Try to know the heart of the scriptures and the saints and become wise. Certainly woman is the creatrix, generatrix and nourisher of the universe. Lust is a potent force, very difficult to get rid of. That is the reason why the saint and scriptures have criticized women in order to create dispassion and discrimination in men and wean them from lustful tendencies and aggressive attacks. Women also can keep a mental picture of the component parts of the body of a male in order to create in themselves disgust for the physical body of a male and develop dispassion (*Vairagya*).

In this connection there it will be instructive to narrate a story of a young *Sanyasi*. While passing through a village street, he saw a marriage procession. He asked the people what it was. The people said, "The man sitting on the horse is a bridegroom. He is going to get a girl as his wife and thereafter they will sleep in a bed

together etc.." The young *Sanyasi* did not comprehend the implications fully. Engrossed in the thoughts of the couple, the *Sanyasi* walked on and stopped to rest on the platform of a well. Being exhausted, he fell asleep within a short time. In sleep he dreamt that he and his bride were sleeping on the same bed. His wife told him to move over and he moved. The bride repeatedly asked him to move further and the *Sanyasi* actually began moving in his sleep. But his body was gradually reflecting the actions of dream by moving on the platform towards the well. So he fell into the well. The people passing by the road heard the splashing sound of someone falling into the well and came running. They managed to pull *Sanyasi* out by a rope. The people asked him as to how he fell into the well.

The *Sanyasi* narrated them the story of his seeing the marriage procession and of his subsequent dream while sleeping on the platform of the well and then he said aloud, "If the momentary company of a dream-girl could throw me into the well, God knows where the groom's real wife will throw him."

The moral is that mere thinking of a woman with sexual feelings causes a *Sadhaka's* downfall. Therefore, beware! Try to know the heart of the scriptures and saints and take its benefits by following it. Do not find faults in their teachings. Do not blame them for criticizing women.

## Our Experiences

### *The miracle of darsan of a saint*

Earlier, I had thought the only pursuit of the life is indulgence in sex. I could not imagine even in my wildest dream that I could live without a woman. I had already married twice. But when my second wife expired, when I was 51 year old, I looked for marrying an 18-year-old girl. Fortunately, I went to have *darsan* of Sri Lilasahji Bapu at Disa ashram. When I reached the ashram, he was not there. On opening the door of Mahrishi's hut, I saw a majestic divine figure with radiant face. His eyes were so brilliantly sparkling with yogic power that I could not gaze at him. I looked down at his holy feet and heard his nectarine words, "At this age you want to marry with a bag of flesh and bones?" Pointing his finger upwards to sky, he continued, "Now I will get you married with Him." I was startled to hear it all. I went home. But surprisingly, I found that the sexual craving disappeared, the fire of passion had been extinguished. I informed my brothers and other members of my family that I was not going to marry. At first they thought that I was joking. But when they learnt of my firm decision, they left no stone untuned to deflect me from my resolve. As a last resort they locked me up in a room with the 18-years old girl who was going to be married to me, in the hope that this might make me change my decision.

In the normal course, when alone with a young girl, it would have been natural for me to talk to her, to touch her. But again I was surprised. I did touch her with the intent of arousing my sexual desire, but all in vain, as if the key to my sexual urge was with that saint I had earlier met.

He was unknown to me. We had not met earlier. How was he able to read my thoughts? What was in that laser- sharp glance (of his) that burnt my libido? A young woman and a man locked in a room all by themselves, is like keeping fire and petrol together. It was nothing less than a miracle that the sex impulse, which even the Yogis at times are not able to control, had become virtually nonexistent (pacified) within me;

an ordinary human being, just due to the power of a saint's grace-filled glance. I firmly believed he is God incarnate in human form. At that very moment, I resolved to be always under the protective wings of his grace.

I immediately made the girl my sister, gave her some money and sent her back with her mother, and I accepted that saint as my Gurudev. I shifted to the ashram and stayed with him. I practiced *sadhanas*, under his guidance and I got rid of many chronic ailments. My obesity was controlled. There was notable loss in my body weight. Later I lived in his vicinity at Sabarmati Ashram (Sant Sri Asaramji Ashram) and advanced in Yoga.

After sometime, another miraculous event took place in my life. For some work, I went to Disa ashram and overstayed there. Days went by and I could not make up my mind to return to Sabarmati Ashram. One day when I was strolling in morning, I had a vision of Gurudev walking ahead of me. I rushed to prostrate myself at his feet but suddenly the figure vanished. I understood the message and went to Sabarmati Ashram. Later on I learned that had he not called me back in time through his vision, I would have experienced a great downfall. I have had a number of such miraculous experiences. I have taken a final refuge at his feet. That great saint, my Gurudev is Sant Sri Asaramji Maharaj. What he has done for me cannot be repayed even I offer him all my material wealth.

I also know of a number of other devotees who have been saved by his divine grace. I am convinced that the miraculous feats in the lives of truly great saints are not mere myths. Such a saint is alive amongst us and thousands of aspirants are being uplifted and transformed through his touch, glance and guidance.

- Mahant Sri Chandiram  
Sant Sri Asaramji Ashram  
Sabarmati, Ahmedabad  
Gujarat, India.

## ***Experience of divine grace abroad***

I had gone to Japan at the invitation of a famous Organisation (C.H.E.T.O.). Being the President of "Sasmi Co-operative Society, India", I was invited. I toured a number of places in Japan, Thailand, Indonesia and Singapore. At Bangkok, I had an amazing experience. I went to a nightclub with my friends and saw a scene that shook me deeply. Young men and women were dancing naked for sexual satisfaction. Exposed to this horrible perversity, I began to doubt God's grace. Those young women have to do this kind of extremely abhorrent work just to make a living hurt me deeply. At that time, I suddenly remembered my Gurudev, Sant Sri Asaramji Maharaj. Immediately I went into deep trance. My Gurudev appeared and pressed one of my nerves and talked to me. A sweet and soothing sensation went through my whole being. My mind went into a tranquil state. When I finally regained my consciousness, I felt that the storm was subsided. Only peace prevailed.

I returned to Surat on 6th March, 1980. Immediately I went to have his *darsan*. Seeing my Guruji, I recollected the whole scene of that event that took place at Bangkok and I broke into tears of joy and gratitude. Guruji takes care of his disciples even if they are thousands of miles away. Seeing me, Guruji smiled gently. Saints have mind-boggling supernormal powers, which the scientist and psychologists cannot understand or explain.

People wonder how could Lord Krishna have imparted the lengthy teachings of the 'Bhagavadgita' on the battlefield ? I believe, I too received instant guidance and succour in the hour of need in a far off country, at Bangkok. Arjuna must have received answers to his questions by the grace of Sri Krishna. Atheists, who call the Gita a mythology, probably, have not had the good fortune of receiving the grace of a seer-saint like my Gurudev. Whenever I recall the sublimating divine power of My Gurudev, I am filled with deep peace and divine bliss.

Jayantilcil B. Vczdivi7la  
President, Sasmi Co-operative Soc.  
Bi7laft road, Su-rat, Gujarat (India)

## ***How to ward off anger***

Lust, greed, attachment, pride and anger are the inner enemies, which rob you of the treasure of Self-bliss. Among all, anger is the most dangerous and detrimental to *Sadhana*. If a thief enters a house, some items (furniture etc.) still remain untaken. But if a house catches fire, everything is reduced to ashes. Nothing remains.

In the same way, if thieves like greed and attachment enter us, only some of our virtues are destroyed. But if the fire of anger overtakes, our mind, our entire treasures of *Japas*, *Tapas* and virtues are destroyed. Therefore, beware of anger. It is all right to act out anger, but be ever alert not to allow it to possess you.

Do not eat hurriedly. Take at least 25 minutes to eat and chew your food properly. If you find it difficult to ward off anger, press your tips of the fingers into your palms making a fist. Eat *sattvic* food. Stay away from garlic, red chillies, and fried foods.

Peace attained through *Sadhana* (spiritual practice) for the duration of one month is put to naught by a single fit of anger. Therefore, my beloved brothers ! be careful. Do not waste away your priceless life.

If you want to be happy and cheerful take a mixture of following contents every morning: 10 gms Honey, 1 glass of water, 5 to 10 basil (Tulsi) leaves and Sant Kripa Churna. If the churna or Tulsi are not available, honey alone will do.

## Some memorable statements

"And those students who find that world of God through chastity, there is that heavenly country; theirs in whatever world they are, is freedom."

- Chhandogya Upanisad

"A wise man should avoid married life as if it were a burning pit of live coals. From the contact comes sensation, from sensation thirst, from thirst clinging, by ceasing from that, the soul is delivered from all sinful existence."

- Lord Buddha

"These sexual propensities, though they are at first like ripple, acquire the proportions of a sea on account of a bad company. Whenever the mental image of a woman crops up in your mind with evil thoughts, repeat mentally "Om Durgaa Devyai Namah " and do mental prostrations."

- Swami Viviananda

"Know that in this world there is nothing that cannot be attained by one who remains from birth to death a perfect celibate ..... In one person, knowledge of the four Vedas, and in another, perfect celibacy- of these, the latter is superior to the former who is wanting in celibacy."

- The Mahabharat

"All men and youngmen in particular, can experience the immediate benefit of chastity. The memory is quiet and tenacious, the brain lively and fertile, the will energetic, the whole character gains a strength of which libertines have no conception, no prism show us our surroundings under such heavenly colours as that of chastity, which lights up with its rays the least objects in the universe and transports us into the purest joys of an abiding happiness that shows neither shadow neither decline. "

- Prof. Montagaza

"This seed (semen) is marrow to your bones, food to your brains, oil to your joints and sweetness to your breath and if you are a man, you should never loose a drop of it, until you are fully thirty years of age and then only for the purpose of having a child which shall be blessed by heaven and really one of the inmates of the kingdom of heaven by being born again."

- Dr. Molvil Keith M.D.

Chastity no more injures the body and the soul, self-discipline is better than any other line of conduct.

- Sir James Pagen

"It is a singularly false notion... the notion of imaginary dangers in absolute continence. Virginity is a physical, moral and intellectual safeguard to youngmen. "

- Dr. E. Perier